

SAC - SPORTS FACILITY TRAINING SCHEDULE 2017

Beginning Monday Feb 20th 2017

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
1 st XV Rugby Pitch		U-13s Rugby MF/PA		Seniors Rugby PH/DD/AR	U-15s Rugby JC/ME/PB
Back Pitch	U-12s Rugby MM/NH			U-12s Rugby Sevens MM	U-13s Rugby PA/MF
All Weather Pitch Lunch	U-14s Rugby AE/LC	Seniors Rugby PH/DD/AR	U-14s AE/LC		
All Weather Hockey Pitch Lunch	All Hockey Players S.C and Coach				
Tennis at Hale Barns TC After School			2 nd Year AE		
All Weather Pitch After School				U-15 Rugby JC/ME	
Trim Trail Cross Country Lunchtime	All Years SA		All Years SA		
Sports Hall Lunch	Basketball 4 th and 5 th PH	Badminton Years 3, 4 and 5. Coach	Basketball 1 st Year NH	Cricket players in U-13 and 14 squads	U-15 Cricketers NH
Sports Hall After School	Circuits SA		Under 12 Cricketers NH		
Fitness Suite Lunchtime	U-13, U-16s PR	U-15s SA	Seniors DS	U-13s/14s SA	U-12s SA
Fitness Suite After School	All Years SA	All Years SA	All Years SA		All Years SA
Swimming Pool Pre School		Staff Swim/ Galas		Staff Swim	All Students All Years
Swimming Pool Lunchtime	Water Polo Years 1 and 2 TN/ PC	Swimming Years 1 and 2 PC		Year 3 and Above Water Polo/ Beginners Swimming TN/PC	Y.3,4 and 5 Swimmers PC
Swimming Pool After School	Water Polo Club Years 3 and Above	Swimming Squad NH/PC		Water Polo Club Years 1	